



LET'S DO LUNCH CITY DINER NOW SERVING FRIENDSHIP AND FUN

MEET NEW PEOPLE or catch up with old friends and neighbors over lunch at the City Diner. The City Diner, located in Creekside Community Center, serves delicious sit-down meals **Monday - Friday at 11:30 a.m.** The main entrée frequently includes meat, fish or pasta accompanied by two sides, salad or soup, and dessert. Don't miss the Party of the Month – an extra-special dining experience, featuring a unique menu and door prizes or entertainment. Meals are \$6 for guests under 60 and a \$3 suggested contribution for guests 60 and older. To make a reservation, call 952-563-4948, TTY: 952-563-4957.



LENDING A HAND VOLUNTEERS ASSIST RESIDENTS WITH CURBSIDE CLEANUP

FOR THE SIXTH YEAR IN A ROW, volunteers from Ziegler Cat, a distributor of Caterpillar equipment, generators and truck engines, and Human Services have teamed up to help older and disabled adults participate in the Citywide Curbside Cleanup. It all started in 2003, when "Helping Hands," a group of Ziegler Cat employees, contacted Human Services Coordinator Kerry Stone for help finding volunteer opportunities in the community. Stone suggested the Curbside Cleanup.

"It was the perfect fit for Ziegler's Helping Hands, as there were many residents who wanted to participate in the Cleanup, but couldn't because they were not physically able to carry heavy items such as refrigerators to the curb," Stone said.

Ziegler Cat employee Dave Dyson, who coordinates Ziegler volunteers for the program, said his volunteers love their job.

"This past year we had eight Ziegler volunteers assisting in the Cleanup," Dyson said. "They take referrals and assist callers with questions. We do it because we find great satisfaction in helping others in need."

RESQ FROM BOREDOM! (-.-)ZZZ

BUILDING COMMUNITY

HUMAN SERVICES WORKS TO BUILD RELATIONSHIPS among residents by providing opportunities to become and stay active in the community. Through strong partnerships with organizations and individuals, the division increases access to opportunities and resources within the community.

VIRTUAL PHYSICAL FITNESS NINTENDO WII LEAGUES NOW FORMING

STAY ACTIVE AND GET FIT while playing virtual bowling, tennis or golf on the Nintendo Wii game system. Recruit friends and form a team to play your favorite games within the friendly walls of Creekside Community Center. Tutorial sessions are provided for bowling, tennis and golf Wii games. Orientation and play times will be scheduled in advance.



EXERCISE YOUR BRAIN KEEP THE MIND SHARP WHILE HAVING FUN

NO SPECIAL SKILLS ARE REQUIRED to play the Dakim Brain Fitness program – all it takes is the ability to touch a computer screen. Dakim is a unique program designed to improve the quality of life for adults who desire to maintain their brain health. The user is engaged in a variety of mentally stimulating and entertaining exercises. The program is available at Creekside, **Monday - Friday, 8 a.m. - 4:30 p.m.** To schedule a training session, contact *Ask the City*.



ACROSS THE MILES STAY IN TOUCH WITH SKYPE

WISH YOU COULD SEE your family and friends more often? Human Services can help you get connected through Skype Internet phone service. This free software enables users to connect with other users without having to pay expensive long-distance rates. By downloading Skype to your computer, you'll be able to talk or video conference with friends and family around the world. Call *Ask the City* for more information.

:-) VOLUNTEERS R GR8!

HELPING GOOD PEOPLE CONNECT TO GOOD CAUSES

HUMAN SERVICES STRENGTHENS our community by providing information and access to volunteers and civic engagement opportunities for all ages. By involving residents and employees in program planning, the provided services match the needs of the community. Bloomington volunteers are the backbone of the city. Here are examples of volunteers who are making an impact in the community. For information on how you can get involved, call *Ask the City* at 952-563-4957 V/TTY or visit www.ci.bloomington.mn.us and click on Ask the City.

MAKING THE TRANSITION TO INDEPENDENCE STUDENTS LEARN LIFE SKILLS AT CREEKSIDE

THE BLOOMINGTON TRANSITION CENTER partners with Human Services to provide young adults with disabilities an opportunity to learn valuable skills through interaction with adults at Creekside Community Center. The students, age 18 to 21, have been coming to Creekside from the Transition Center since January 2009. The students perform a variety of activities with

Creekside volunteers, including craftwork, quiltmaking and beadwork. While working with volunteers, students learn life skills needed to move from a school setting to independent living.

According to Human Services Coordinator Alissa Solie, the experience provides an opportunity to learn from the adults, which is a valuable experience for all parties involved.

"The experience has been very positive," Solie said. "Some students have even expressed an interest in continuing to visit and volunteer at Creekside during their summer break."

The Bloomington Transition Center offers a vocational, independent-living and skills-training program that works in collaboration with student, families and community agencies.

TALK ABOUT A MODEL VOLUNTEER MEET NATIONAL GUARD SERGEANT AARON JACOBSEN

SERGEANT AARON JACOBSEN has been volunteering since he was an Eagle Scout in his hometown of Northfield, Minnesota. Jacobsen is a member of the National Guard 34th Brigade Special

Troops Battalion and 1st Brigade Combat Team, based at the Bloomington Armory.

Having served in Bosnia and Iraq, Jacobsen is now pursuing a degree in

Criminal Justice at Metropolitan State University. He became a regular volunteer at Creekside Community Center after meeting Human Services Coordinator Denise Royer in 2008.

Royer suggested Jacobsen volunteer by

serving meals to older adults through the Human Service's Party of the Month. It's a service he describes as fun and different from his "normal" everyday experiences.

"It's so important to be active in our communities and to help people," Jacobsen said. "This is the way in which people stay connected and make their community great. And the people are lots of fun to work with."

Volunteering for the Party of the Month program has inspired Jacobsen to volunteer for other organizations in Bloomington, including Bridging, Inc. and the Minnesota Council of Churches.



Go to our website, click on **E-Subscribe** and sign up to receive volunteer e-mail updates.